

Following up at Rady Children's Diabetes Clinic

Our location: Rady Children's Hospital Diabetes Clinic
3030 Children's Way, San Diego, 92123 -Medical Office Building, 4th Floor
858-966-4032

Arrive 30 minutes ahead of your appointment and park in the garage at this address; we will validate your parking for \$4

Things to bring to your first clinic visit:

- Glucometer/Meter and your current insulin plan.
- Teaching binder that was provided inpatient –we will continue to build and add to this.
- Lunch, if your appointment time falls during that time. Bring insulin if needed for lunchtime injection. Snacks- both low carb and carb. Bring a toy/activity/homework.
- Treatment sources for hypoglycemia. (Glucose tablets/juice/ “fun” size packet of Skittles) + a follow up solid carb such as a granola bar or peanut butter crackers.

You will see the entire team on this first visit. Please keep in mind that your first visit can last up to 3-4 hours. Our team consists of the following and below is a brief description of how we can help assist you:

Social worker: Our social worker will provide support, assessing your child's mood and coping following their diagnosis. Social work can assist with resource information including support groups, summer camps, and educational resources to support your child. The social worker can also answer questions about applying for financial assistance or medical insurance if needed.

Dietitian: Help you develop and maintain an individualized eating plan, including carb counting clarification, meal plan/ snack adjustments, reading labels, timing of meals, exercise/sports nutrition, preparing for holidays and special occasions.

Nurse educator: Our nurse educator will review essential information about diabetes management, and answer questions about your child's insulin /diabetes needs. The nurse educator will answer your questions about daily care and assist you with your diabetes needs.

Endocrinologist: Your diabetes doctor will make insulin updates to match changes needed with your meal plan and blood sugars/ address your labs/ clarify your type of diabetes.

Psychology: Our pediatric psychologist is available to meet with families to support their adjustment to a new diabetes diagnosis. Behavioral health services can also help support your child in working toward his or her health goals or in addressing emotional or behavioral difficulties that may affect his or her diabetes management.